

# Fall 2006

## Inside this issue:

<i>Message from the County Executive</i>	1
<i>Message from the Director</i>	2
<i>Message from the Commission on Aging</i>	3
<i>Waukesha County Parks System</i>	4
<i>Then and Now</i>	5
<i>Caregiver Resource Library</i>	6
<i>Medicare Coverage While Traveling</i>	7
<i>Volunteers</i>	8
<i>Improve Your Health With Music</i>	9
<i>Foot Care</i>	9
<i>Follow Your Dreams</i>	10
<i>Loneliness</i>	10
<i>Exercise</i>	11
<i>Memory Loss</i>	12
<i>Stop Driving</i>	13
<i>Nutrition</i>	14
<i>Senior Dining Centers</i>	15
<i>Caregivers</i>	16
<i>Phone Directory</i>	17
<i>Services for Adults</i>	18
<i>Transportation</i>	19
<i>Recycling</i>	20

Newsletter  
Coordinator:  
Pat Popowski  
Department of  
Senior Services

## Waukesha County Department of Senior Services



# Senior Connection

## Letter From the County Executive

Dear Friends of Waukesha County Government,



The Department of Senior Services does an excellent job at coordinating a variety of critical programs that seek to affirm the dignity and value of older people through services, support, and opportunities that promote choice, independence, and community involvement. I would like to take this opportunity to thank you for your continued interest in and support of the department's efforts, which effectively serve our growing senior population.

Last fall, I was elected as your new County Executive, and since taking office, I want you to know that I have been working hard with my departments to reduce the tax burden by consolidating services and implementing operational efficiencies. I am proud to announce that the Department of Senior Services does a wonderful job at holding the line on spending through the use of its extensive volunteer network. Last year alone, more than 1,700 individuals and groups gave over 36,000 hours to help the department deliver important services to our seniors. Their invaluable support helps the department realize true cost-savings, which are estimated to be in excess of \$315,000.

In 2007, the Department of Senior Services will coordinate a pilot program to increase Ride-Line opportunities from weekday hours to some Friday nights and Saturdays. This expanded service will provide specialized transportation users with greater opportunities to get into the community on weekends. In addition, like in many other communities

throughout the County, concerned citizens and officials in the Mukwonago area are committed to starting the Mukwonago Taxi. Community taxi services provide an important function in that they reduce the need for costly specialized transportation and give riders a lower-cost option for getting around the area.

The Department of Senior Services is always looking to establish strategic partnerships that are of value to the collaborating agencies and the community-at-large. To that end, the department has partnered with Mount Mary College's dietetic program and Carroll College's physical therapy program to coordinate the Steps to Healthy Aging initiative. By using undergraduate and graduate school interns from these renowned higher education institutions, students get hands-on, real-world experience and seniors get to take advantage of another outstanding program designed at improving their health and quality of life. The Department of Senior Services also offers preventive care and chronic disease management to help keep seniors in their homes and healthy for as long as possible.

Again, thank you for your interest in and support of the Department of Senior Services. If you ever have questions about a particular Waukesha County government function, please do not hesitate to contact my office at (262) 548-7902.

Sincerely,

Dan Vrakas  
County Executive

## *Letter From the Director of Senior Services*

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Dear Senior Connection Readers,

Another newsletter deadline! Where does the time go? These last months have flown by. So much has been going on. Medicare Part D overwhelmed our staff but with the leadership of our Benefit Specialist, Sharon Gold Johnson, we all pitched in to help our seniors and their families sort out the plans. We received kudos across the state from the governor and even in Washington from Senator Kohl on our work. I publicly want to thank Sharon, the staff, and our partners at Senior Law for all their work. We'll soon be helping you again with open enrollment. Plan ahead for this and call our office after October 1 for an appointment.

We are continually looking at being more efficient in our department. This year, under the leadership of Pat Popowski, Office Manager, we have been reviewing our processes, changing responsibilities, shortening procedures, and writing them down step-by-step. This effort is ongoing and certainly is helpful during our budget preparations and in maintaining staff efficiencies.

Planning has taken a large part of our time this year. To prepare for the budget, we began work on the strategic plan. Our County Executive and staff led the way working with a consultant. The work was the basis for our 2007 budget. Thanks to Mary Smith, Dietician and Nutrition Supervisor, for her work with the county committee. The plan will continue to develop in the months ahead.

Barbara Woyak, Programs and Projects Analyst, has led us through the planning process of the County Aging Unit Plan for Older People. This is done for 2007-2009 for the Area Agency on Aging and the state. Our thanks to our Commission on Aging for their input. We also listen to our seniors as we plan for the future. Your opinions count!

Have you heard about Long Term Care Reform and the modernization of the Aging Network? There has been lots of media coverage. Both of these issues have been on our radar and will continue as the state guides the process. Along with our partners at Health and Human Services, we have been involved in consortiums related to Care Management

Organizations and Aging and Disability Resource Centers. You can't believe the meetings, information to read, and decisions to make. You will be hearing much more in the months ahead on plans and progress. We will be soliciting your input as we work with our County Executive, Administration, County Board, commissions, committees, and community partners.

Meanwhile, in between all of the planning and meetings, our staff is to be commended for being true professionals. The senior population in our county continues to grow. We are here for you, your families, and clients either by phone, email, office or home visits. If we don't have the answer, we will try to find it for you. Our goal is to connect you with the necessary resources. Our mission is critical to our daily activities. We continue to work with our numerous community partners to provide a wide array of opportunities.

Our work depends tremendously on our dedicated volunteers. We are so lucky to have their time and talents. Thank you to all! Working together, we can make a difference!

Waukesha County can be very proud of its programs and services in our department as well as the other county departments. I serve as vice president of the state Aging Unit Directors Board. I can tell you from my experiences, that we have much to be thankful for. Good things are happening in Waukesha County. I encourage you to get involved, attend meetings, let us know what you think, and find out what is really happening in your county government. I am proud to be a part of county government as we plan for our futures.

My best to you as we head toward 2007.

Cathy Bellovary  
Director, Department of Senior Services

P.S. Just a reminder for those of you visiting county offices, security changes will soon begin. All visitors will need to come in the front door by the Courthouse and go through security checks. Plan your time accordingly. Watch the papers for details.

# Message From the Commission on Aging Chairman

Dear Friends,

Today, I was talking to a person who was looking for some help for his parents. When I asked him how he heard about the company I worked for, he said, his mother-in-law gave him a copy of the Senior Sources, he called the Department of Senior Services and they gave him some leads. Isn't it wonderful that we have a number to call and caring people to help find answers to our questions? Did you know that in 2005, the Department of Senior Services received a total of 51,351 contacts looking for assistance? That's an average of 202 calls per day! (The average call is 20 minutes!) And that's just calls. It doesn't include all the actual services provided to people like meals, transportation, bathing services, respite, benefits assistance and grandparenting support.

Isn't it amazing all the great things this department does? I believe all of you deserve applause.

I also wanted to remind you of a couple of dates so you can "save the day." On Tuesday, Oct. 3 at 9:30am, there will be a

public hearing on the County Aging Unit Plan for Older People. This plan covers 2007-2008 and includes required goals from the state related to Resource Centers, Aging Network Modernization, and the Family Caregiver Support Program. Contact Senior Services at (262) 548-7848 for more information.

The annual Senior Lifestyle Conference will be held on October 23 at Country Springs. This is the 15th Annual Conference. The keynote speaker is Mary Pierce "Remember Laughing? It's Never Too Late for Joy!" There are many interesting topics from line dancing, health related topics and financial management. Call the department for more information. We'll look forward to seeing you there!

Remember the Department of Senior Services and all it has to offer is just a phone call away at (262) 548-7848.

Enjoy the Fall!

Miriam Behselich  
Chair

## Medicare Part D Open Enrollment

The initial enrollment period for joining a Medicare Part D prescription drug plan was January 1– May 15, 2006. Seniors who enrolled in a Medicare Part D plan during this enrollment period have learned whether the plan they chose adequately meets their prescription drug needs. During the last six weeks of every year, an annual open enrollment period is available to those wishing to change plans. This is a once-a-year opportunity. In order to use a different plan in 2007, the change can only be made during the open enrollment period. The most effective way to review the different plans is the use of the Medicare website—[www.medicare.gov](http://www.medicare.gov).

The Waukesha County Department of Senior Services will again offer one-hour counseling sessions to seniors wishing to review the various plans. Waukesha County seniors can call (262) 548-7848 beginning October 1 for an appointment from November 15-December 29, 2006.

## *Waukesha County Park System—things to do*

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The Waukesha County Park System has many great activities for all ages.

- The Retzer Nature Center's Environmental Learning Center is open 7 days a week from 8:00 am - 4:30 pm free of charge, and features *The Unseen World* exhibit. The exhibit offers a touch and discover area, native fish, and a walk-through prairie underground. Stop by the gift shop to fulfill all of your gift-giving needs. The Retzer Nature Center grounds also feature many different levels of hiking. Environmental programs are held throughout the year.
- Visit the Retzer Planetarium. It's a great place to take your grandchildren. Call (262) 548-7801 for more information.
- Both Naga-Waukee Park and Eble Ice Arenas offer public skating. The rates are \$4.00 for adults, and \$3.00 for juniors (children under 18) and seniors (60 years and older). Skate rental is \$2.50.
  - ⇒ Eble Park public skating—Monday-Friday, noon - 3:00 pm; Friday evenings 7:30 pm - 9:30 pm; Saturday and Sunday 1:00 pm - 3:00 pm.
  - ⇒ Eble Park senior/adult skating—Tuesdays and Thursdays, 10:45 am - 11:45 am.
  - ⇒ Naga-Waukee Park public skating—Monday - Friday, 11:30 am - 1:45 pm; Saturday and Sunday 3:00 pm - 5:00 pm.
- The Waukesha County Park System offers a \$12.50 senior rate for the annual park entrance sticker, which will allow access to the eight county parks throughout the year. Take advantage of the endless opportunities at the parks, lakes, and walking and biking trails to stay fit and have fun.
- All three Waukesha County golf courses offer senior discounts for individuals 60 years and older.

**Log onto [www.waukeshacountyparks.gov](http://www.waukeshacountyparks.gov) or call (262) 548-7801 for more information.**

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### **Did you know ?**

The Department of Senior Services' Information and Assistance is designed to be a single entry point for accessing services in the aging network. The Information and Assistance Team can:

- Assess needs
- Provide information about programs and services
- Assure identified needs are met
- Determine eligibility for programs
- Act as an advocate

Case management and follow-up services include advocacy, monitoring of client needs, and development and implementation of individual service plans. Services are coordinated with various community organizations. A referral is made to community and/or department programs based on assessed needs. For information and assistance related to issues affecting older adults in Waukesha County, individuals can call the Senior Line at (262) 548-7848 between the hours of 8:00 am-4:30 pm Monday through Friday. After hours, call **211** or (262) 547-0769 to get help with life.



**Giving oneself to other people in one way or another, is one of the great joys of living. Nothing we get or take equals the joy of giving.  
How unfortunate so many people never discover it.**

## Then and Now

Barbara Woyak  
Fall 2006



So, you think you can dance? The world has always been in love with dancing, but just now it's gotten a little crazy. The latest dance reality TV shows from Fox and ABC featuring amateurs, professionals, and celebrities have hooked a great many would-be dancers. We watch as the dancers flow, step, and gyrate to the likes of waltzes, fox trots, jitterbugs, salsa, cha cha, tango, swing, modern, lyrical, pop, jive, and hip hop.

Dance has been around since primitive times, slowly evolving into social dances. Looking at some of today's dance moves there are many people who think we have gone back to the primitive! It's just that there's something about dancing, you can't really help but move to the beat of the music. Even if you're sitting, you just have to move a bit. We have a lot of different dance types because we each move to the beat of that music in a different way.

It's 1960 and Chubby Checker is belting out the twist. I was in the eighth grade and, while some said it was a sin, we all had a great time doing the twist. Then there was the limbo (how low can you go?), still found at parties. Parties are great dance opportunities. Growing up, parties meant weddings, and I went to a lot of Polish weddings. That meant polkas, and the Flying Dutchman. We kids awaited the Flying Dutchman with special anticipation, since we could get thrown around on the dance floor and not get yelled at. It was great if they sprinkled the sawdusty stuff on the floor just before the dance, 'cause you slid even further then. We also learned to do a proper polka, which included knowing when and how to stomp hard on the floor. I think it was a toss-up for what was better – the dancing or the food at a Polish wedding. You don't see the Flying Dutchman so much anymore, but the weddings I've been to recently all had group fun with the Chicken Dance, Macarena, YMCA, and Conga Line.

*"Come on let's twist again like we did last summer  
Yea, let's twist again like we did last year  
Do you remember when things were really hummin'  
Yea, let's twist again, twistin' time is here."*

Some classics have lost their popularity and become icons of their generation. The Charleston will forever be a part of the Roaring 20's. Disco belonged to the 70's. Then there were the lindy, monkey, swim, frug, hustle, shimmy, and bump. (I sort of liked the bump – you could easily take revenge on someone while on the dance floor and just blame it on the dance.) Line dancing is still with us. I hear the "Electric Slide", a form of which was around in the 70's, is one of the current rages.

For most of us today dancing is pretty simple - the slow dance or waltz, a two-step, a polka, maybe a group dance when we're feeling adventurous. In addition to being a social activity, dancing is great exercise; even a waltz gets you moving! And if you can't move your feet, just follow the beat with your shoulders, head, and/or hands. Relax, and enjoy the feel of your favorite music!



## **Books**

### **Living with Grief—When Illness is Prolonged**

**Edited by: Kenneth J. Doka, Ph.D. with Joyce Davidson**

This book reminds us of the central role that loss plays in all of our lives. The chapters included here emphasize the myriad losses and concurrent grief that individuals with prolonged illness, their families and caregivers experience through the course of the illness experience.

### **My Time—Making the Most of the Bonus Decades After Fifty**

**Author: Abigail Trafford**

This book provides a sensible and just-inspiring-enough arm on the shoulder that says, traveler, you are not alone as you steer — or stumble — through the remaining decades of your life.

### **An Alzheimer's Guide—Activities and Issues for People Who Care**

**Author: by Pat Nekola**

When Pat Nekola's mother and aunt were stricken with Alzheimer's disease, she found help and information from a number of public and private sources. She also found that there were many others - families, caregivers, residential facilities' staff just like herself, that could make use of the same types of information. With this in mind, Pat set out to accumulate the education and information to write this handbook to help others going through the same trying personal experience.

### **Age Wave—How the Most Important Trend of Our Time Will Change Your Future**

**Author: Ken Dychtwald, Ph.D.**

The generation between the ages of thirty-five and fifty is the largest, most powerful, most influential generation in American history. This is the Age Wave, a revolution that is crashing through our culture, reforming our expectations, and changing the consequences, now and in the decades of the aging Baby Boom, the most significant societal force of our day.

## **Videos**

### **Family Caregiving Video**

**Author: American Red Cross**

This video includes the following segments: Home Safety, General Caregiving Skills, Positioning and Helping Your Loved One Move, Assisting with Personal Care, Healthy Eating, Legal and Financial Issues, Caring for a Loved One with Alzheimer's Disease or Dementia, Caring for a Loved One with HIV/AIDS. (Closed captioning for the Hearing Impaired).

### **Midlife Dilemmas: Are My Parents Safe To Drive?**

**Author: Terra Nova Films, Inc.**

Midlife Dilemmas uses brief vignettes to present three different family situations in which adult children must deal with growing concerns about the driving capability of an aging parent.

## **Try Before You Buy Items**

**Shampoo in a cap with conditioner**—A no mess, rinse free hair cleansing method. This personal cleansing system is advertised as 'trusted by hospitals'.

**Mental fitness cards**—Twelve challenging card categories stimulate your creative abilities. The instruction booklet explains how mental aerobics help to keep the brain alert.

# Medicare Coverage While Traveling Abroad

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If your adventures take you outside of the United States, it is good to know before you go whether Medicare will cover you if you need medical attention while abroad.

## General Rule

The general rule is that services received in the United States and its territories will be covered by Medicare. Medicare-covered U.S. territories include Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa. Medical services received outside of the United States and its territories will not usually be covered by Medicare.

## Coverage in Canada and Mexico

The main exceptions to the rule of non-coverage for foreign travel are made for medical services received in Canada and Mexico in certain situations. Medicare covers services provided in Canada and Mexico when they occur under the following circumstances:

- If the beneficiary has a medical emergency while a beneficiary is traveling between the continental U.S. and Alaska on the most direct route. In other words, the main purpose of your trip in Canada is to get quickly to Alaska from the continental U.S.
- If you need emergency medical attention while in the U.S. but the nearest medical facility is in Canada or Mexico.

## Cruise Ships

Medical attention received on a cruise ship is usually not covered by Medicare in most cases. An exception exists for services received aboard a ship that is in the territorial waters adjoining the land areas of the United States. For example, if you are on an Alaskan cruise, medical services you receive aboard the ship will probably be covered by Medicare because it will likely stay in territorial waters during the cruise. In most other circumstances, though, medical care received on a cruise ship is not a Medicare-covered service.

## Covered Services

What types of medical services would be covered under an exception to the foreign travel rule? Inpatient hospital services are covered, as are doctor services you get during your hospital stay. If you have Medicare Part B coverage, ambulance services needed to get you to the hospital are also covered if you are admitted to the hospital. As with services received in the U.S., you will still need to pay your normal deductible and coinsurance amounts. Also, it is important to keep in mind that foreign hospitals are not obligated to submit claims to Medicare on your behalf. If the foreign hospital declines to submit a claim to Medicare, you must submit an itemized bill to Medicare for the services you received.

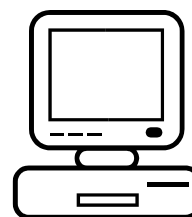
## Extra Coverage for Foreign Travel

There are several other types of insurance that might cover foreign medical expenses that Medicare does not. Some Medigap (Medicare Supplemental Insurance) policies include a Foreign Travel rider, which covers emergency healthcare needs while traveling abroad. Secondly, some Medicare Advantage plans offer benefits beyond those covered by Medicare when a beneficiary travels abroad. Finally, private insurance, such as an employer health insurance or travel insurance policies, sometimes cover a policyholder's foreign travel medical needs. In all of these cases, be sure to carefully read your policy handbook to see whether the policy includes foreign travel medical benefits.

## Good Luck and Bon Voyage!

**www.big.com**

Check out the new senior-friendly search engine. It has a large font size that can be made even bigger after completing a search by clicking on the magnification button.



## *Volunteers....Making a Better Tomorrow, Today*

FAITHFUL FRIENDS ARE THE BEST MEDICINE OF LIFE so as people live longer and lose life-long friends, they need someone to serve as a companion. We are looking for a few individuals willing to visit once a week for 1-2 hours. On our waiting list is a gentleman in Waukesha who is 90 years old, and another in Brookfield who is 68. We also have 4 ladies—one in Mukwonago in her 60's, two in Brookfield ages 74 and 89, and one in Pewaukee in her 90's. You can make a big difference in the life of any of these older adults and they can make a difference in your life as well. Call (262) 548-7829 and you'll be glad that you did.

SENIOR DINING CENTERS TOUCH LIVES WITH FOOD AND FRIENDSHIP and need help with meal set up, packing meals for the homebound, serving, greeting, registration, and clean up at the dining center. Help once a week or twice a month between 9:30 a.m. - 12:30 p.m. A little help goes a long way in Butler, Hartland, Sussex, Waukesha, and New Berlin. Your volunteer energy can change our community—call (262) 548-7829.

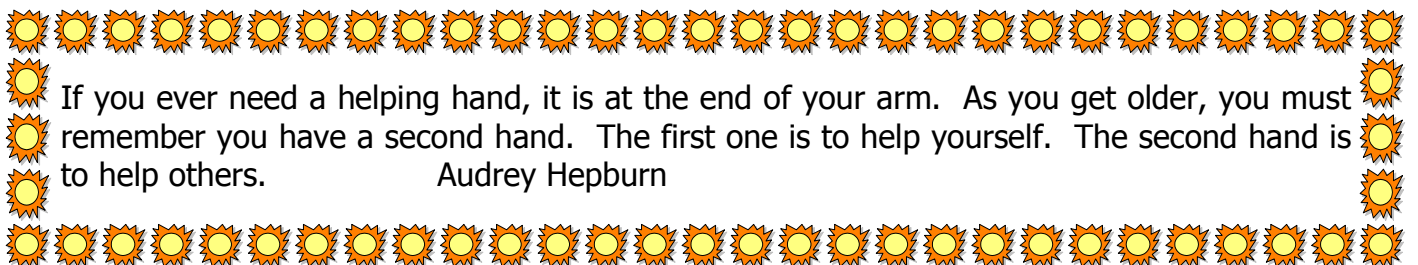
ELDEREACH VOLUNTEERS call on older adults who may need some assistance. They are trained to assess the needs of the person they visit and report those needs to the department. Volunteers inform the older adult about services available in the community to help them stay in their homes as long as possible. Help is needed in Menomonee Falls, so offer 3-5 hours per month by calling (262) 548-7829. One person can truly make a difference.

VOLUNTEER DRIVERS deliver a hot noon meal to homebound individuals 1-2 times per month during the week to those unable to prepare meals for themselves. Receiving this meal makes it possible for them to stay in their own homes longer. There is a critical need in Brookfield, Butler, Hartland, Muskego, and Waukesha. Individuals, friends, and couples are encouraged to call. Some individuals help over their lunch hour by picking up 8-10 meals, delivering them, returning the food carrier and paperwork to the center, and then returning to work. Time varies from 60-90 minutes depending on the route. Mileage reimbursement

### **15<sup>th</sup> Annual Senior Lifestyles Conference Mark your calendars!**

The Department of Senior Services will hold its 15<sup>th</sup> annual Senior Lifestyles Conference on Monday, October 23 at the Country Springs Hotel. The conference, co-sponsored by ProHealth Care, will feature a variety of workshops and exhibits. Humorist and author Mary Pierce will keynote the event with "Remember laughing? It's Never too late for Joy."

The conference runs from 7:45 a.m. to 2:50 p.m. Cost to attend is a \$15.00 donation that includes conference workshops, morning coffee and rolls, and lunch. Door prizes donated by area organizations and businesses will be presented. Conference registration is required by Monday, October 9. Since attendance has been at event capacity for the last three years, early registration is strongly recommended. For more information about the conference or to obtain a registration brochure, please call the Department of Senior Services at (262) 548-7848.





## Improve Your Health With Music

Whether you're playing it or simply listening to it, music is good for you. According to new research, listening to Beethoven or the Beatles may help heart disease and stroke patients, as well as people suffering from stress. Recently, British and Italian scientists found that meditative tunes helped to slow breathing and circulation, and that the effects were particularly positive among those who are musically trained, as they synchronized their breathing with the musical phases.

Music improves life in other ways, as well:

- **Singing and sleep** – Listening to gentle music for 45 minutes in the evening makes for a restful night's sleep.
- **Getting physical** – Joining a choir helps to tone up the body, as well as the brain. Singing exercises the abdominal muscles and stimulates the circulation. Deep-breathing exercises enable people to make full use of their lungs.
- **Learning to sing** correctly encourages people to concentrate on improving their posture. Singing without song sheets stimulates choir members to engage their brains and keep their memories sharp.
- **Relaxing** – Just like a game of golf or a swim, singing releases endorphins into the bloodstream, making you feel positive. So caregivers who feel depressed, isolated or in need of stress relief-sing in the shower, sing in the car, sing in a church choir but just sing!



Caregiver Assistance Newsletter, March 2006

### Foot Care

*According to the National Institute on Aging, years of wear and tear can be hard on our feet. So can disease, poor circulation, improperly trimmed toenails, and wearing shoes that don't fit properly. Problems with our feet can be the first sign of more serious medical conditions.*



*Older adults are at very high risk for foot problems. In one study, 87% of older people reported at least one foot problem. Feet widen and flatten, and the fat padding on the sole of the foot wears down as people age. Older people's skin is also dryer. Foot pain, in fact, can be the first sign of trouble in many illnesses related to aging, such as arthritis, diabetes, and circulatory disease. Foot problems can also impair balance and function in older adults.*



### Shoes

*In general, the best shoes are well cushioned and have a leather upper, stiff heel counter, and flexible area at the ball of the foot. The heel area should be strong and supportive, but not too stiff, and the front of the shoes should be flexible. New shoes should feel comfortable right away, without a breaking in period. Thin, hard soles may be the best choice for older people. Elderly people wearing shoes with thick inflexible soles may be unable to sense the position of their feet relative to the ground, significantly increasing the risk for falling.*

Source: International Council on Active Aging

## Follow Your Dreams

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Perhaps you've heard the expression, "When the going gets tough, the tough get going." Here are a few examples of when life got tough for some people, how they kept on going – and followed their dreams:



**Alexander Graham Bell:** When he invented the telephone in 1876, it didn't exactly ring off the hook with calls from potential backers. After making a demonstration call, President Rutherford B. Hayes said, "That's an amazing invention, but who would ever want to use one of them?"

**Thomas Edison:** His school teachers in Michigan complained that he was "too slow" and hard to handle. As a result, Edison's mother decided to take her son out of school and teach him at home. In his lifetime, Edison produced more than 1,300 inventions.

**Lucille Ball:** She began studying to be an actress in 1927 and the head instructor of the John Murray Anderson Drama School told her, "Try any other profession – any other."

**Marilyn Monroe (Norma Jean Baker):** In 1944, Emmeline Snively, director of the Blue Book Modeling Agency, told the future movie star, "You'd better learn secretarial work or else get married."

**Julia Child:** In 1953, she and her two collaborators signed a publishing contract to produce a book tentatively titled French Cooking For the American Kitchen. Julia and her colleagues worked on the book for five years. The publisher twice rejected the 850-page manuscript. But she and her collaborators didn't give up. They found a new publisher, and in 1961 – eight years after starting – they published the best-selling book, Mastering the Art of French Cooking.

**Elvis Presley:** In 1954, Jimmy Denny, manager of the Grand Ole Opry, fired Elvis after one performance. He told Elvis, "You ain't going nowhere, son. You ought to go back to driving a truck."

**Follow your dreams. They can take you places others thought impossible.**

Adapted from the IdeaBank website

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## Loneliness

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### Did you know that loneliness is bad for your health?

A recent study found that loneliness plays a big role in boosting older American's blood pressure, which raises the risk of heart disease, stroke and other health problems. The study showed a link between loneliness and depression, stress-hormone levels and blood vessel problems. The study suggests that social connections, weight loss and regular exercise can lower blood pressure. The solution isn't as simple as just being around more people though. Some people can be in a large group and still feel lonely.

One of the healthiest things you can do for yourself is to cultivate vibrant friendships—the kind that will supply you with the genuine support everyone needs, friendships in which you dare to reveal your feelings, act spontaneously, care, touch, and serve. Stimulating and supportive relationships with other human beings are tremendous blessings—to the body, the mind and the spirit.

## *Exercise—Exercise—Exercise*

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Whatever exercise program you decide on, you should always consult your doctor before starting.

Low impact exercise, walking, swimming and water aerobics may be particularly well tolerated by people with arthritis. The water provides an additional benefit since the buoyancy decreases the effects of gravity so there is less weight put on the joints. This can enable you to tolerate more activity in the aquatic environment. Improved strength, endurance and flexibility, and better ability to walk or perform daily tasks are all benefits of exercise.

There are three major types of exercise. Each plays a role in maintaining or improving health and fitness, and reducing arthritis-related disability and pain.

- **Flexibility or stretching:** Gentle. Low intensity exercises performed daily to maintain or improve range of motion are the foundation of most therapeutic exercise programs and also are important in recreational or fitness exercise. Adequate flexibility improves function and reduces the chance for injuries.
- **Muscle conditioning (strength and endurance):** These are more vigorous than flexibility exercises and are usually done every other day. They are designed to ask the muscle to work a bit harder than usual. This extra workload may come from lighting the weight of the arm, leg or trunk against gravity, using weights, elastic bands or weight machines for more resistance. Muscles adapt to the new demands by getting stronger and/or becoming capable of working longer to decrease pain in the joints.
- **Cardio respiratory or aerobic conditioning:** These include activities that use the large muscles of the body in rhythmic and repetitive movement. Aerobic exercise improves heart, lung and muscle function. It is also the kind of exercise that has benefits for weight control, mood and general health. Examples of aerobic exercise, bicycling or exercising equipment such as treadmills, rowing machines, Nordic track or elliptical trainers. Daily activities such as mowing the lawn, raking leaves, sweeping the driveway, playing golf or walking the dog are also aerobic exercise depending on the intensity level.

### **Remember.....**

- Motivate yourself to remain active. Focus on what you can do instead of what you cannot do.
- Participate in life!
- Communicate with those around you. Let them know that you need patience, understanding and support.
- Give your mind and body relief from stress by relaxing.
- Eliminate stress whenever possible. It can compound the disease.
- Set realistic goals and think positively. This includes being as active as possible.

In our concern for others, we worry less about ourselves. When we worry less about ourselves, an experience of our own suffering is less intense. Dalai Lama

## *Memory Loss and Aging*

Everyone forgets a name or misplaces keys occasionally. Many healthy people are less able to remember certain kinds of information, as they get older.

Memory loss that disrupts everyday life is not a normal part of aging. It is a symptom of dementia, a gradual and progressive decline in memory, thinking and reasoning skills. The most common cause of dementia is Alzheimer's disease, a disorder that results in the loss of brain cells. Alzheimer symptoms progress, affecting communication, learning, thinking and reasoning. Eventually they have an impact on a person's work and social life.

### **10 Warning Signs of Alzheimer's disease**

1. **Memory loss** – Forgetting recently learned information is one of the most common early signs of dementia.
2. **Difficulty performing familiar tasks** – People with dementia often find it hard to plan or complete everyday tasks, such as preparing a meal or placing a telephone call.
3. **Problems with language** - People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand.
4. **Disorientation to time and place** – People with Alzheimer's disease can become lost in their own neighborhoods, forget where they are and how they got there, and not know how to get back home.
5. **Poor or decreased judgment** – Those with Alzheimer's may dress inappropriately, or they may show poor judgment about money, like giving away large sums to telemarketers.
6. **Problems with abstract thinking** – Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are and how they should be used.
7. **Misplacing things** – A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.
8. **Changes in mood or behavior** – Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.
9. **Changes in personality** – The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.
10. **Loss of initiative** – A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

If you or someone you know is experiencing these symptoms, consult a physician today. Early and accurate diagnosis of Alzheimer's disease or other dementia is an important step to getting the right treatment, care and support. Evidence suggests that early diagnosis and subsequent treatment can help slow the progression of symptoms.

For more information about memory loss, Alzheimer's disease, and resources available in your community, contact the Alzheimer's Association 24-hour Helpline at (800) 272-3900 or visit the Southeastern Wisconsin Chapter's website: [www.alzheimers-sewi.org](http://www.alzheimers-sewi.org).

Source: Alzheimer's Association, Southeastern Wisconsin Chapter



**For an evaluation and to determine the cause of the memory loss,  
call the Senior Health Center at Waukesha Memorial Hospital at (262) 928-7898.**

## *Keeping Safe—When to Stop Driving*

### **What are the warning signs when someone should begin to limit driving or stop altogether?**

1. Feeling less comfortable and more nervous or fearful while driving.
2. Difficulty staying in the lane of travel.
3. More frequent “close calls” (i.e. almost crashing).
4. More frequent dents or scrapes on the car or on fences, mailboxes, garage doors, curbs etc.
5. Trouble judging gaps in traffic at intersections and on highway entrances/exit ramps.
6. Other drivers honking at you more often; more instances when you are angry with other drivers.
7. Friends or relatives not wanting to drive with you.
8. Getting lost more often.
9. Difficulty seeing the sides of the road when looking straight ahead (i.e. cars or people seem to come “out of nowhere” more frequently).
10. Trouble paying attention to or violating signals, road signs and pavement markings.
11. Slower response to unexpected situations; trouble moving foot from gas to brake pedal or confusing the two pedals.
12. Easily distracted or hard to concentrate while driving.
13. Hard to turn around to check over shoulder while backing up or changing lanes.
14. Medical conditions or medications that may be increasingly affecting your ability to handle the car safely.
15. More traffic tickets or “warnings” by traffic or law enforcement officers in the last year or two.



If you notice one or more of these warning signs, you may want to have your driving assessed by a professional or attend a driver refresher class. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

### **How Can I Help Someone Else Limit or Stop Driving?**

Most drivers monitor themselves and gradually limit or stop driving when they feel that a certain driving situation or driving in general is not safe. However, some people fail to recognize declining abilities, or they fear stopping to drive because it will make them permanently dependent on others for the necessities of life, and it may reduce their social and leisure activities as well. Conditions such as dementia or early stages of Alzheimer’s disease may make some drivers unable to evaluate their driving properly. While stopping driving may be the only answer in some cases, stopping driving too early can cause a person’s overall health to decline prematurely.

- Take a classroom refresher course such as the AARP Driver Safety Program.
- Order the AARP Driver Assessment Guide, “Older Driver Skill Assessment and Resource Guide: Creating Mobility Choices”.
- Seek additional information from other Web sites on topics such as behind-the-wheel assessment, counseling from private or public sources, remedial training, and/or adaptive equipment from an occupational therapist.
- Limit driving to certain times of day or familiar areas.
- Encourage the driver to consider and gradually begin using other methods of transportation such as rides from family and friends, public transportation, Para transit services, taxis or other public or private transportation options in your community. Accompany the person during initial trials of alternate forms of transportation.
- Contact local motor vehicle office. Your state Department of Motor Vehicles may have programs to evaluate individual driving abilities or may offer special licensing alternatives. Remember, their goal is not to take licenses away, but to help people keep driving as long as they safely can. Contact the state for more information.

Seek additional help if necessary. If the person is not taking proper action in response to your concern and the impairment is increasingly obvious, it may be necessary to involve the driver’s doctor. (In addition to family members, a family’s doctor is often the most trusted person for providing advice on health issues that may affect driving). You may also consider resources on Alzheimer’s disease, dementia and driving.



### **“Maintain your Brain”**

This new phrase adopted by the Alzheimer’s Association brings together all that is shown on the importance of healthy lifestyle and brain health.

Some of the strongest evidence about maintaining your brain links brain health to heart health. Your brain is one of the most active organs in your body. If your heart isn’t pumping well, or if your brain’s blood vessels are damaged, our brain cells have trouble getting all the food and oxygen they need.

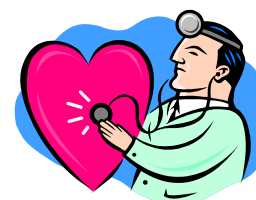
#### ***Suggestions:***

- Adopt a long-term heart-healthy “food lifestyle”
- Reduce your intake of fat and cholesterol
- Exercise
- Don’t smoke
- Manage your numbers:
  - ⇒ Desirable blood pressure: less than 120/80
  - ⇒ Desirable fasting blood sugar: less than 100 mg/dL
  - ⇒ Watch the scale, keep your body weight within the recommended range
  - ⇒ Desirable cholesterol less than 200 mg/dL

#### ***Increase your intake of “protective” foods:***

- Dark-skinned fruits and vegetables have the highest level of antioxidant levels. These include: kale, spinach, Brussel sprouts, alfalfa sprouts, broccoli, beets, red bell pepper, onion, corn and eggplant. Fruits include: prunes, raisins, blueberries, blackberries, strawberries, raspberries, plums, oranges, red grapes and cherries.
- Cold water fish contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.
- Some nuts can be useful: almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

A brain healthy diet will help increase your intake of vitamins, such as vitamin E, and vitamin C, along with vitamin B-12, and folate; all of which may help reduce your risk of developing Alzheimer’s disease. According to the most current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. A brain healthy diet is most effective when combined with physical and mental activity and social interaction.



**\*\*Adapted from the Alzheimer’s Association “Maintain your Brain” campaign.**

## *Waukesha County Senior Dining Centers*

We would like to invite all seniors 60 and above to join us for a great nutritious lunch, great socialization and nutrition education at one of our twelve senior dining centers. Reservations are required 24 hours in advance. The suggested donation is \$3.00 and all donations are confidential. These donations allow us to continue to serve the seniors of Waukesha County at the dining centers.

**BROOKFIELD**—Brookfield Community Center, 2000 North Calhoun Road  
262-782-1636—Mon thru Fri @ 12:00 noon

**BUTLER**—Hampton Regency Apartments, 12999 W. Hampton Ave.  
262-783-5506—Mon thru Fri @ 11:45 am

**HARTLAND**—Breezewood Village Apartments, 400 Sunnyslope Drive  
262-367-5689—Mon, Wed, Fri @ 12:00 noon

**MENOMONEE FALLS**—Menomonee Falls Comm. Center, W152 N8645 Margaret Rd.  
262-251-3406—Mon thru Fri @ 12:00 noon

**MUKWONAGO**—Birchrock Apartments, 280 Birchrock Way  
262-363-4458—Mon thru Fri @ 11:45 am

**MUSKEGO**—Muskego City Hall, W182 S8200 Racine Avenue  
262- 679-3650—Mon, Wed, Fri @ 11:45 am

**NEW BERLIN**—National Regency, 13750 W. National Ave.  
262-784-7877—Mon thru Thurs @ 11:45 am

**OCONOMOWOC**—Oconomowoc Community Center, 324 West Wisconsin Avenue  
262-567-5177—Mon thru Fri @ 12:00 noon

**SUSSEX**—Sussex Mills Apartments, W240 N6345 Maple Ave.  
262-246-6747—Mon thru Fri @ 11:45 am

### **CITY OF WAUKESHA**

**LA CASA VILLAGE**—1431 Big Bend Road, Waukesha  
262-547-8282—Mon, Wed & Fri @ 11:30 am

**SARATOGA HEIGHTS APARTMENTS**—120 Corrina Blvd., Waukesha  
262-542-8783—Mon thru Fri @ 12:00 noon

**WILLOW PARK APARTMENTS**—1001 Delafield Street, Waukesha  
262-547-5001—Mon, Tues & Thurs @ 11:30 am

**Please call the Senior Dining Center between 10:00 am and 1:00 pm or call the Department of Senior Services at 262-548-7826 to make your reservation.**

## *Caregivers-Take Care of Yourself as Well as Your Loved Ones*

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When you are a caregiver, finding time for positive, nurturing interactions with others might seem impossible. You owe it to yourself to find time for you. Without it, you may not have the mental strength to deal with all of the emotions you experience as a caregiver, including guilt and anger. Give yourself permission not to be perfect...you're doing the best you can.

- Incorporate activities that give you pleasure even when you don't really feel like it. Listen to music, work in the garden, engage in a hobby...whatever it is that you enjoy.
- Pamper yourself. Take a warm bath and light candles. Find some time for a manicure, a pedicure, or a massage.
- Eat balanced meals to nurture your body. Find time to exercise even if it's a short walk everyday. Do the best you can to sleep at least 7 hours a night.
- "Laughter is the best medicine"...buy a light-hearted book or rent a comedy video. Whenever you can, try to find some humor in everyday situations.
- Keep a journal. Write down your thoughts and feelings. Keeping a journal helps provide perspective on your situation and serves as an important release for your emotions.
- Try to set a time for an afternoon or evening out. Seek out friends and family to help you so that you can have some time away from the home. And, if it is difficult to leave, invite friends and family over to visit with you. Share some tea, or coffee. It is important that you interact and socialize with others.
- Join a support group. Seek out people who are going through the same experiences that you are living each day. If you can't leave the house, inquire about an Internet support group.
- Draw strength from your faith, or any faith-based caregiving support services. A congregation in a church or synagogue can provide the encouragement you need to feel good about your caregiving role, and may also be able to provide a break from time to time.

### **Finding community support**

- Many organizations assist caregivers through support groups, home visitors, respite care, transportation, and other services. Call the Department of Senior Services (262) 548-7848 for suggestions.
- If your care recipient is a Veteran, and depending on their status, income and other criteria, some VA programs might be free while others will require co-payments. Home health care coverage, financial support, nursing home care, and adult day care benefits might be available. Call (262) 548-7732 to discuss possible Veterans services.



*Forget yourself for others and others will never forget you.*



## Telephone / Web Site Information Directory

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AARP .....	www.aarp.org .....	262-524-7921
Addiction Resource Council crisis line .....		262-524-7920
Administration on Aging .....	www.aoa.dhhs.gov	
Age Net .....	www.agenet.com/geriatrichealth	
Alcohol and other drug abuse questions .....		262-548-7666
Alzheimer's Association .....	www.alz.org	
Alzheimer's Association –Southeastern WI .....	414-479-8800 or 1-800-922-2413	
.....	www.alzheimers-sewi.org	
American Diabetes Association .....		1-800-342-2383
American Heart Association .....	www.americanheart.org	
American Stroke Association—www.strokeassociation.org .....	1-888-4STROKE or 1-888-478-7653	
Benefits Checkup .....	www.benefitscheckup.org	
.....	www.benefits.com	
Chamber of Commerce-Waukesha Area .....	www.waukesha.org or email @chamber@waukesha.org	
.....		262-542-4249
Department of Health and Human Services .....	262-548-7212 or TTY/TDD: 262-548-7311	
Department of Senior Services .....	www.waukeshacounty.gov .....	262-548-7848
Elder Abuse .....	262-548-7848 .....	after hours: First Call For Help 211.....Emergency: 911
.....		Non emergency 262-547-3388
Eldercare Online .....	www.ec-online.net	
Family Living Community Educator. Waukesha County UW-Extension .....		262-548-7782
Insurance Institute for Highway Safety .....	www.highwaysafety.org	
Long Term Care Questions .....		262-548-7212
National Council on Aging .....	www.ncoa.org	
National Foundation for Depressive Illness .....	www.depression.org	
National Highway Traffic Safety Administration .....	www.nhtsa.gov	
National Mental Health Association .....	www.nmha.org .....	262-547-0769
National Mentoring Partnership .....	www.mentoring.org	
National Osteoporosis Foundation .....	www.nof.org	
Public Health Department .....	262-896-8430 or TTD: 262-896-8234	
Online Smoking Cessation Support .....	www.lungusa.org/ffs	
Outreach Resource Center for Culturally Diverse Elders .....	www.orccde.org	
Social Security Administration .....	www.ssa.gov .....	262-542-7253.....1-800-772-1213
U.S. Department of Health and Human Services .....	www.hhs.gov	
Veterans Service Office .....		262-548-7732
Volunteer Program Specialist, Chris Rodriguez .....		262-548-7829
Waukesha County Home Page <i>Quick links to departments, services and information</i> ..	www.waukeshacounty.gov	
Wisconsin State Home Page <i>Quick links to departments, services and information</i> .....	www.wisconsin.gov	

## Services for Older Adults

The Waukesha County Department of Senior Services offers a variety of services designed to meet the varied needs of older people. These services are available either directly by the department or in cooperation with other agencies. Some services may include a fee or donation request. The Information and Assistance staff (I&A) discuss the options with seniors and families. The appropriate services can help individuals live in their home as long as possible. Here is a recap of the individual services and the functions that they perform.

Adult Day Centers	<i>Sliding fee</i> —Older adults may attend adult day centers where services include personal care, a noon meal, and health monitoring. There are also recreation and socialization opportunities.
Bathroom Safety	Grab bars and a hand held showerhead can be installed in your bathroom for safety in bathing or showering. Call for information.
Benefit Counseling	<i>Donation</i> —A trained individual provides assistance in matters relating to benefits (e.g. Social Security, Title 19, insurance, reverse mortgage, taxes, and other financial/legal concerns.)
Community Services	<i>Some shared cost, some private pay</i> —A network of agencies provide supporting services that include homemaker (house cleaning), chore, health care services and a visitor/companion program.
Counseling/Support	<i>No cost</i> —A team of skilled staff, including social workers, registered nurse and client services specialist, assist older adults and caregivers with support and access to appropriate services.
Family Caregiver Support	Provides caregivers information and assistance in accessing support services such as respite and training; enables elders to become linked with their caring community while in a caregiving role; resource loan library; grandparent program for those raising grandchildren.
Home Health Bathing	<i>Donation</i> —Personal care service provides assistance in bathing for someone in the home.
Senior Dining	<i>Donation</i> —12 Senior dining centers located throughout Waukesha County provide nutritional lunches, recreation, education, & social opportunities. Home-delivered meals are available for those who are homebound and are unable to cook for themselves. Call for information on the center nearest you.
Respite Options	<i>Based on Funding</i> —Assistance is provided in locating facilities and services, which provide short-term, temporary or occasional relief and support for caregivers. Call for location information.
Senior Line	<i>No fee</i> —A call-line (262-548-7828) that provides information and assistance on health, housing and general services for older persons.
Senior Sources	<i>No fee</i> —A comprehensive booklet available on request that contains programs, agencies, and services assisting older adults in Waukesha County. Call or stop by to get your copy.
Specialized Transportation	<i>Sliding Fee</i> —Appropriately equipped vans and buses transport older adults and those with disabilities. Shared-fare taxi and shuttles are also available in some areas of the county. Call for specific information.
Volunteer Opportunities	<i>Over 1000 volunteers help us!</i> Volunteer opportunities abound within our department for people to assist in helping others.

**For assistance, information or to report elder abuse, call the Department of Senior Services at (262) 548-7848** or visit our office at 1320 Pewaukee Road, Room 130, Waukesha. We are located in the Administration Center (connected to the Courthouse) at the corner of Moreland Blvd. and Pewaukee Rd. Office hours are Monday through Friday from 8:00 am - 4:30 pm. **After hours, please contact FIRST CALL FOR HELP at 211** or, if it is an emergency, call your local law enforcement agency or 911.



## *Waukesha County Subsidized Transportation Programs*

**Do you want to know if you, a friend, or loved one may be eligible for a Waukesha County Subsidized Transportation Program? Read below to see the eligibility requirements.**

### **TAXI PROGRAM**

For Waukesha County residents, who are non or limited drivers, age 65 year or older, and able to enter or exit an automobile with little or no assistance.

AND Waukesha County residents, who are non-drivers between the ages of 18-65, able to enter or exit an automobile with little or no assistance AND receive either SSI or SSDI benefits. A SSI or SSDI Benefits Verification Form must be submitted with an application and can be obtained from:

Social Security Office  
707 North Grand Avenue, Waukesha, WI 53186  
(262) 542-7253 or 1-800-772-1213

The taxi providers that participate in the subsidized program are listed below. Hours and days of operation vary. Call the service provider directly (all are area code 262).

Ann Marie Ryan's Transportation Service	424-8294
Best Cab of Waukesha	549-6622
Elmbrook Senior Taxi	785-1200
Lake Country Cares Cab	695-2670
Oconomowoc Silver Streak	567-6404
New Berlin Senior Taxi	814-1611

### **RIDELINE PROGRAM**

For Waukesha County residents, who are non or limited drivers, age 65 years or older, unable to enter or exit an automobile and require an accessible vehicle, or have no taxi service in their community, or need to travel outside of the taxi service area.

AND for those Waukesha County residents who are non-drivers under the age of 65 years, unable to enter or exit an automobile and use either a wheelchair, scooter, cane, walker, crutches, or are legally blind.

Service to adjoining county ONLY for second opinion, consultation, or service NOT duplicated in Waukesha County, with prior approval.

The provider for the RideLine Program is Meda-Care Vans of Waukesha, Inc. and may be contacted for reservations 24 hours in advance by calling (262) 650-1000.

**For the taxi or RideLine programs,  
call the Department of Senior Services for an application at (262) 548-7848**

### **SHUTTLE PROGRAM**

The shuttle program serves ambulatory residents age 60 and over. Please call the appropriate phone number below for information and reservations.

Sussex Senior Shuttle (Sussex and Lisbon)	246-6447
Menomonee Falls Senior Shuttle	251-4230

**ALL other transportation questions may be directed to the  
Waukesha County Department of Senior Services at (262) 548-7848.**

## Department of Senior Services

1320 Pewaukee Road

Room 130

Waukesha, WI 53188

Phone: 262-548-7848

Fax: 262-896-8273

Email: [srservices@waukeshacounty.gov](mailto:srservices@waukeshacounty.gov)

## Waukesha County Department of Senior Services Mission Statement

The mission of the Waukesha County Department of Senior Services is to affirm the dignity and value of older people through services, support and opportunities that promote choice, independence and community involvement.

WE'RE ON THE WEB!  
[WWW.WAUKESHACOUNTY.GOV](http://WWW.WAUKESHACOUNTY.GOV)

*HELP IS A ~~FOUR~~ LETTER WORD*

**THREE DIGIT NUMBER**

**211**

Free, confidential assistance 24/7  
Area resources, life needs, personal issues

When it comes down to it, friends, family, loved ones and acquaintances who make you feel more alive, happy and optimistic are some of the most important treasures in life.  
Dr. Andrew Weil

## *Recycling County and Communities Team Up to RECYCLE MORE*

Waukesha County and the 25 communities that are part of its recycling program are gearing up to increase recycling. The RECYCLE MORE challenge encourages residents to help their community increase recycling by 5% by 2007. That could increase the cash rebates to communities from the county by as much as \$26,000.

County Executive Dan Vrakas stated, "Waukesha County's recycling program is a wonderful example of intergovernmental collaboration. It is set up to provide partnering agencies with dividends for participating, and it operates efficiently and effectively without tax levy support."

What does this mean to the average citizen? The cash rebate allows the community to continue services without increasing taxes—so it's a win-win for the municipality and its residents. In addition, the community with the greatest increase will receive a prize that can be enjoyed by all of its residents.

Residents are reminded to put ALL "acceptable" items in their blue recycling bins. For example, some people aren't aware that all magazines, catalogs, junk mail, and clean boxes, such as cereal,

tissues, rice, etc. can be recycled. To find out what those acceptable items are, visit [www.waukeshacounty.gov/recycling](http://www.waukeshacounty.gov/recycling) and click on "What do I recycle?" or call 262-896-8302.

"Remember, if you throw away recyclables, you are throwing away tax dollars and valuable resources. Manufacturers need these items to make new products!" says Karen Fiedler, Waukesha County's solid waste supervisor.

### Municipalities participating in the county recycling program:

Cities of Brookfield, Delafield, New Berlin, Oconomowoc, Pewaukee, Waukesha

Towns of Brookfield, Delafield, Lisbon, Merton, Oconomowoc, Summit, Waukesha

Villages of Big Bend, Chenequa, Dousman, Eagle, Elm Grove, Hartland, Lac La Belle, Merton, Nashotah, Oconomowoc Lake, Pewaukee, and Wales

For more information, visit [www.waukeshacounty.gov/recycling](http://www.waukeshacounty.gov/recycling) or call 262-896-8302.

